

Chicken Nuggets

HEALTHY - EASY- DELICIOUS



INGREDIENTS

1 to 2 lbs Chicken Breasts
cut into chunks
4 Tbsp Olive Oil
1 Cup Breadcrumbs
4 Tbsp Parmesan or
Cheddar Cheese
finely grated
Salt & Pepper 1 tsp each

DIRECTIONS

-Pour 1 Tbsp olive oil on a baking sheet
-Pour 3 Tbsp (you may need more depending on qty of chicken) into a bowl
-Mix breadcrumbs, 1 tsp each of S&P, cheese together in a separate bowl
-Dip chicken chunks one by one into olive oil then coat with the breadcrumb mixture, pushing lightly on each side. Place onto prepared baking sheet.
-When all the chicken is done place in a preheated 425 ° Oven for 15 minutes, then flip over (note: if they do not easily flip they are not ready to flip) bake for approx. another 5 minutes. Please keep watch depending on your oven and how large you cut the chunks.



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